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-Karen Davis, BBA, Healthcare Systems Management, '14

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- 1 'PHOTOS: Koala receives mittens after suffering burn injuries'
- 2'Five superfoods to help you fight old man winter'
- 3'10 things you need to do if you want to avoid it being hacked'



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We did it: The ABCs of getting an NYC ID card

Carded. Metro reporter Chester Soria applied for a New York City ID.

"Are you here for ID?" asked the woman sporting a giant badge emblazoned with "IDNYC."

Wearing a dark pantsuit and with long, tight dreadlocks, she asked the question countless times while I sat waiting in the city's Manhattan Business Center on John Street, where New Yorkers usually come to pay parking tickets. It's one of 17 locations where New Yorkers can apply for the new municipal ID cards.

By the end of the day, city officials said they expected to process about 1,000 applications. They had already processed 2,000 in a soft launch last week.

On the first official day, I arrived at 1:48 p.m and given number I-9054. I was offered a form, but came prepared with a filled-out copy, my U.S. passport, Texas driver's license and last year's tax return.

Despite being a documented American citizen since I turned 16, and holding a valid driver's licence, I've never applied for anything identifying myself as a New Yorker. This card would change that.

John Siddall, 28, said he was getting his card in solidarity with undocumented immigrants, who can use the ID if stopped by police. His ticket read





Visit Metro.us to read more about how to get your own ID card.

I-9059

Siddall told me he spent five hours waiting for his New York State driver's license, but still thought his two-hour wait time was pretty "miserable" between peeks into his paperback book.

Most of our 30 or so fellow applicants sat in plastic blue seats clutching passports from their home countries, along with any documentation that verified their resi-

dency — utility bills, pay stubs, tax returns — the record of lives lived in the hopes of emerging from the shadows.

The room was quiet, except for the PA system announcing new ticket numbers. Eventually, the coordinator began shouting out numbers herself, intermittently asking anyone within earshot if they had any questions.

She also warned a handful of people that their documents might not be enough to qualify for a card, which is free for the first year and is valid for five years.

Still, registrars let some people apply with papers that may still be rejected by the city's Human Resources Administration.

Once my number came up, the coordina-

Want one?

New Yorkers can make appointments for an IDNYC card at www.nyc.gov/IDNYC or by calling 311.

 Staff at the 17 enrollment sites will also help applicants schedule appointments.

tor looked over my documents.

She cautioned me that the tax return address not matching my current address might be a problem. Even so, she said I was probably OK. Those of us who are approved will get our new ID in about two weeks.

By 2:30 p.m., the site coordinator said no more applications would be accepted for the day, and that the office would close in less than two hours.

"Everyone sitting here will be seen today," she said, calming the restive crowd that had already been waiting for hours. She explained that each application took 10 to 15 minutes to process.

One of the two clerks in the office told me she had seen about 75 people before she gave me a confirmation sheet and a sticker that read "I got my IDNYC" after more than two hours of waiting.

By the end of the day, the coordinator took off her heels and walked around in fuschia socks. She said she'd lost count of how many people she had helped.



Rikers reform. Panel votes to end solitary for juveniles



Inmates under the age of 21 will not be placed in solitary confinement at Rikers Island beginning next year.

The seven-member board that oversees correction policies voted unanimously Tuesday morning to adopt recommendations by Correction Commissioner Joseph Ponte to eliminate "punitive segregation" for young inmates by January 2016.

The policy won't take effect until Corrections hires more staff.

The board also affirmed that the Corrections
Department can use a new 250-room Enhanced
Supervision Housing Unit, or ESHU, to lock up any inmate considered a serious threat to safety for up

to 23 hours a day and for no more than 30 consecutive days.

Some inmates had spent up to 90 days in solitary.

The New York Civil
Liberties Union said in
December the ESHU could
be a backdoor to solitary
confinement. On Tuesday,
it hailed the decision as an
important stand for basic

human rights and called the rules "a major step forward," in a note from Executive Director Donna Lieberman.

On Dec. 18, Manhattan U.S. District Attorney Preet Bharara announced his office would join a class-action suit against the city and its management of city jails.

CHESTER JESUS SORIA



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NYPD supporters speak out

Fans of the New York Police Department fire back at Bill de Blasio, recent spate of protesters.

WENDY JOAN BIDDLECOMBE

"You read in the 1970s on how the city was not safe, with Son of Sam and the Bronx is Burning, and it seems at some point the city could turn back into that. It's really scary what's going on."

ADAM SACKOWITZ

23. EAST MEADOW,
LONG ISLAND



"Just do your regular job. I support them, but I don't support them not doing what they're supposed to do ... Get rid of the rotten cops, it's just being fair, they pollute the good ones and then they're given a bad name:

ELMA TULLOCK
70, CORONA, QUEENS



A rally outside Queens Borough Hall on Tuesday allowed the self-described silent majority of New Yorkers who support the NYPD to air their disapproval of Mayor Bill de Blasio and the civil rights protesters who took over city streets late last year.

About 100 people showed up to the rally, organized by the Queens Village Republican Club, including retired cops, veterans, tea party members and other community groups. Many held signs supporting the NYPD, booed de Blasio and waved American flags.

Retired NYPD Captain Joseph Concannon, who organized the event, said police officers were interested in attending, but "community," not "cops promoting cops."

Quoted

"We stand here representing the silent majority." Ulrich

"We stand here representing the silent majority of New Yorkers who support the NYPD because they want to live in a safe city," said City Council Member Eric Ulrich (R-Queens). "The silent majority of New Yorkers are not protesting in the streets ... laying down and disrupting traffic."

Michael Palladino, president of the Detectives Endowment Association, said he hasn't seen such a "vicious attack" on city police officers in the last 36 years he's worked for the NYPD.

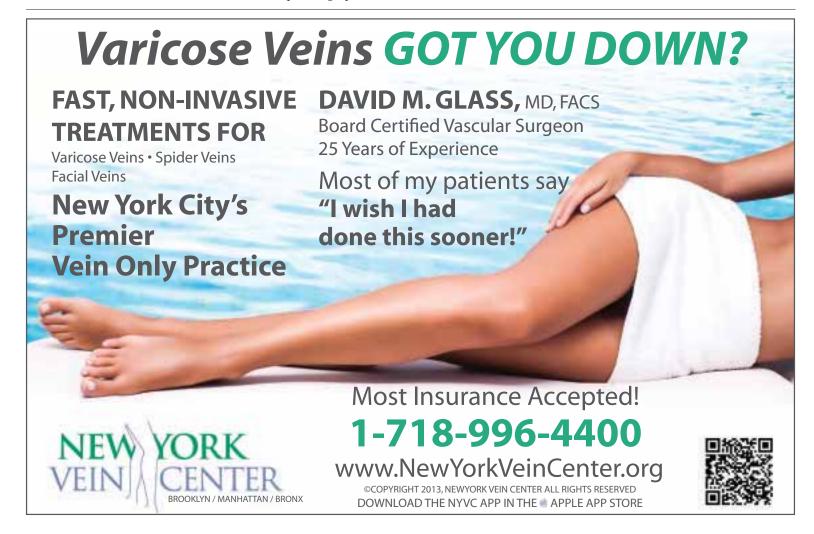


"The mayor is not being supportive at all, and I'm a little surprised by that. He someday might need an officer himself. ... Not all officers are bad, not all blacks are criminals, and not all whites are racist."

KAREN LEROY
46, FLUSHING, QUEENS



"With the Eric Garner and Ferguson demonstrations, the police should have taken some kind of action back then to stop it. It got out of hand. I find it a shame that our mayor has taken the action he has done." JAMES TRIKAS
55. FLUSHING



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Caught on camera

Teens sought for shooting elderly man

Police today released surveillance video of two teens suspected of shooting an elderly man in the groin in late December.

The two suspects. thought to be between 16 and 19 years old, and still on the loose, allegedly approached a 68-year-old man in Bedford-Stuyvesant at around 4:35 p.m. on Dec. 28. At least one of the teens fired a single shot at the elderly victim, whose name was not released.

CHESTER JESUS SORIA



Murder. Astoria man bludgeoned to death

www.metro.us Wednesday, January 14, 2015



Police said a fight between two roommates in Queens turned deadly Monday, leaving one dead from a hammer to the head.

Jesse Smith, 29, died from severe head trauma after police responded to calls of a dispute in the luxury Astoria apartment on 21st Street at around 5:30 p.m.

Investigators believe Smith got into a fight with roommate Quentin Capobianco, 18 — possibly over money.

Cops recovered both a hammer and a shotgun at the apartment.

Smith worked as a practicing attorney in New York and listed himself on Facebook as an employee of the Morton Povman, P.C. law firm in Queens.

Capobianco was arrested and charged with second-degree murder and criminal possession of a weapon with intent to use. CHESTER JESUS SORIA

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Building 1, 4th Floor Auditorium
Thursday, January 23
5:00 P.M. – 7:00 P.M.

Harlem Hospital

46 West 137th Street • Manhattan

3rd Floor Conference Room

Friday, February 6

3:00 P.M. – 7:00 P.M.

Gouverneur Health Services

227 Madison Street • Manhattan
Auditorium
Thursday, February 5
5:00 P.M. – 8:00 P.M.

Kings County Hospital

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2016. Restaurant Week, DNC meet

The city is hoping to entice the Democratic National Convention to Brooklyn with the promise of discounted fare at local restaurants.

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NYC Restaurant Week will coincide with the 2016 DNC if Brooklyn is selected as a host city, according to NYC & Company, the private nonprofit tourism and marketing agency that produces the semi-annual event.

"Brooklyn should host the 2016 convention for



a lot of reasons, but I've got to say the opportunity to eat at some of the country's best restaurants should be at the top of the list," said Marty Markowitz, NYC & Company vice president of borough engagement and promotion.

Brooklyn was named as a semifinalist for the convention, with Columbus and Philadelphia, in November.

A decision is expected next month.

WENDY IOAN BIDDLECOMBE

Safety

Penn Station fire accidental

A fire below Penn Station that caused commuting problems Tuesday morning was ruled accidental, officials said.

Fire officials said the two firefighters were treated for minor injuries after they responded to the 3-alarm fire at around 2:20 a.m. The fire marshal told ABC News the cause was electrical. The Fire Department sent out about 150 firefighters to quell the flames. It was out by 5 a.m.

Fire officials added the blaze left the station with significant structural damage, but the MTA said late Tuesday that all of the nine tracks at Penn Station are operational. metro





___Stup!d_ MONEY MY

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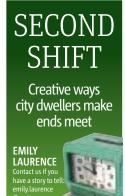
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Fresh start. Once penniless, New Yorker starts her own business



Bio

Rebecca Pfaffenbach

Age: 30 Residency: Upper East Side Lives: Alone Number of jobs: 3

You used to have a corporate job. Why did you quit?

My original career was in cancer research, developing chemotherapies. But after a while, I wanted to do something more creative. I put a message on Facebook saying I wanted to move to Europe and asked where I should go. I got one response: Seville,

Did you work in Spain?

Yes. I started my own tour company. I loved it and it was going well, but unfortunately the person who sold it to me stole a lot of my money, so I had to come back to New York, where I grew up, pretty much penniless.

Is that when you started your health company, My Body Buddy?

Not right away. I spent my time going to the gym, grocery shopping and cooking healthy meals basically delaying thinking



about what I was supposed to do as an adult. Then a friend said, "Well, why don't you do that?" It took me a while to figure out this was what my passion was and I wanted to share it with others.

What exactly do you do?

My Body Buddy is a health and wellness coaching company. I work with individuals and corporations and help them meet their health goals.

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Date: Thursday, January 15, 12:00pm - 1:30pm. Lunch will be provided after the program.

Presenters: Edelina Bustamante, MS, RD, CDN; Stefan Balan, MD.

Location: Woodhull Medical Center. Third Floor. Conference Room One. 760 Broadway, at the intersection of Broadway and Flushing Avenue, Brooklyn, NY.

Info: This lecture is free, but space is limited and on a first-come, first-served basis. RSVP at nyulmc.org/cancer-rsvp or 718.963.8640.



MADE FOR NEW YORK.



Charlie Hebdo to run Muhammad cartoon

New issue. One Paris newspaper vendor said he had received 200 advance orders for Charlie Hebdo.

Charlie Hebdo will publish a front page showing a caricature of the Prophet Muhammad holding a sign saying "Je suis Charlie" in its first edition since Islamist gunmen attacked the satirical newspaper and killed 12 people.

With demand surging for the edition due today, the weekly planned to print up to 3 million copies, dwarfing its usual run of 60,000, after news agents reported a rush of orders. Digital versions will be posted in English, Spanish and Arabic, while print editions in Italian and Turkish will also appear.



Quoted

"I'm not worried at all. ... I trust people's intelligence, the intelligence of humor."

Renald Luzier, the cartoonist who drew the image

In a parliamentary session, Prime Minister Manuel Valls said France was "at war against terrorism, jihadism and radical Islamism" but not the Muslim faith, the country's second-largest, which "has its place in France."

After his speech, law-makers broke into a spontaneous rendition of La Marseillaise, a first in parliament's history.

The front page of Charlie Hebdo's Jan. 14 edition shows a tearful Muhammad with a sign "Je suis Charlie" (I am Charlie) below the headline: "Tout est pardonné" (All is forgiven).

"I wrote 'all is forgiven' and I cried," Renald Luzier, who drew the image, told journalists at the weekly's temporary office at the headquarters of the left-wing daily Liberation.

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NTSB. Probe into Washington subway smoke may take a year



A Washington, D.C., firefighter assists a woman to medical aid after she became stuck with other passengers on the Washington METRO (subway) service Monday, after smoke filled the L'Efant Plaza station during rush hour. / GETTY IMAGES

The investigation into smoke in a Washington subway tunnel that killed a woman and sent 84 people to hospitals could take six to 12 months, a spokesman for the National Transportation Safety Board said on Tuesday.

The preliminary cause of the smoke that filled six subway cars in a tunnel on Monday was electrical arcing involving the charged third rail about 1,100 feet ahead of the train, NTSB spokesman Peter Knudson said.

"What caused the electrical arcing is what we want to understand," he said. Arcing happens when electricity from the power rail comes into contact with something that conducts electricity, like water.

The smoke occurred about 800 feet south of the Washington Metro's L'Enfant Plaza station in a tunnel leading to the Pentagon Metro sta-

Subway fire

84

Eighty-four people were taken for treatment to Washington hospitals and two were critically injured.

tion. Passengers evacuated themselves from the stalled cars and there was no fire on the train or derailment, the NTSB said in a statement.

Emergency response will be among the areas investigated, the statement said. The Washington Post quoted some passengers as saying it had taken firefighters an hour to reach the train.

In a statement, Tom Downs, the chairman of the Washington Metropolitan Area Transit Authority, apologized for the incident. He said that once the cause was determined, Metro was prepared to keep it from happening again. REUTERS

Social media

Facebook to issue missing children alerts

Facebook plans to use its estimated 140 million daily U.S. users to help track missing children through emergency alerts, the company said on Tuesday.

Facebook partnered with the National Center for Missing and Exploited

Children to immediately begin sending AMBER Alerts, including photographs and other details, to the news feeds of users in targeted search areas.

"The chances of finding a missing child increase when more people are on the lookout," Emily Vacher, trust and safety manager at Facebook, said in a statement. "Our goal is to help get these alerts out



quickly to the people who are in the best position to help."

AMBER Alert is a voluntary program coordinated by the Department of Justice in which emergency

messages are issued by law enforcement, broadcasters and other agencies in cases of serious child abductions.

Attorney General Eric Holder on Tuesday said expanding the alerts to Facebook would raise the chances of saving abducted children, who can be in increasing danger the longer they go missing. REUTERS



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12



Twitter feed

Today, Mia Farrow is willing to forgive, Rose McGowan is getting political, John Cusack is looking for trouble, John Stamos could use a hug and Sarah Silverman is just being practical.

@MiaFarrow: I'm thankful we have a President and a White House that can acknowledge they made a mistake #ParisMarch

@rosemcgowan: Remove Ted Cruz from position for NASA oversight of the Subcommittee on Space, Science and Competitive-

@johncusack: Palestine ?

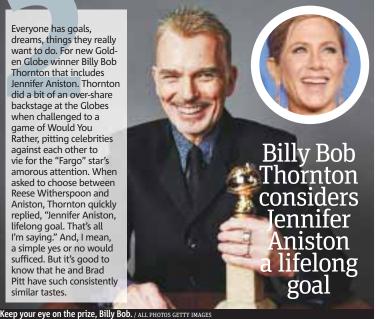
@JohnStamos: Anyone else sometimes feel like a rudderless ship with no anchor ?? Just wondering

@SarahKSilverman: when you have no emergency contact you have to be really careful all the time

Leonardo DiCaprio and Rihanna? Why not.

Leonardo DiCaprio and Rihanna were spotted living it up together at a recent Playboy Mansion party, which admittedly sounds like a game of Hollywood gossip Mad Libs. But when it comes to how intimate they were getting, we're left with a different game all together: dueling anonymous sources. One source claims they were being incredibly flirty, going so far as locking lips at the soiree. But another? "No one was making out. They are just friends. That's it," the second source tells E! News. "There was a big group dancing. ... Everyone was having a good time together. Maybe a little bit of friendly flirting but no scandal here. Oh, come on, you're no fun.





Woody Allen TV, sorta

Now that Amazon has a couple Golden Globes, the streaming service is stepping up its game by wrangling its highest-profile collaborator yet. They've signed up Woody Allen to write and direct a series.

In a statement, Allen says, "I don't know how I got into this. I have no ideas and I'm not sure where to begin. My guess is that [Amazon VP] Roy Price will regret this." We'll see!

coming to

Zooey Deschanel expecting the most twee baby ever

The nice thing about all these celebrities having lifestyle websites is that they can handle all their big life announcements themselves. Much like Blake Lively did last Öctober on Preserve, "New Girl" star Zooey Deschanel has used Hello Giggles to reveal that she is pregnant. Deschanel and boyfriend Jacob Pechenik are expecting their first child together this summer. "Jacob and I are over the moon. We are so excited to meet our little one," Deschanel says in a statement. As of press time, there was no word on how chunky the baby's bangs would eventually be.

THE

Ned Ehrbar takes on the world of gossip.

NED EHRBAR

Daily video

Why tipping should be banned

The College Humor folks might just be trying to start a fight, but their latest "Adam Ruins Everything" video — a series featuring Adam Conover annoying you into better understanding a subject - takes on the distinctly American custom of tipping. Conover breaks down the history of tipping and dispels some myths about improving quality of service before



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Chris Hemsworth: From superhero to super-hacker

Interview. The 'Avengers' star turns cyber-sleuth in 'Blackhat.' But that doesn't mean he's not in great shape.

When you hire the guy who plays Thor in "The Avengers" to be the lead hacker in your cybersecurity drama, you kind of have to accept the fact that he's going to be one of those rare hackers in really good shape. But Michael Mann wanted it to at least be a little plausible that Chris Hemsworth's superhuman physique could belong to an expert coder.

Luckily, we meet Hathaway, Hemsworth's character in "Blackhat," while he's behind bars, doing time for scads of computer crimes - and also doing a lot of push-ups.

"Once I'm done with Thor, I get rid of that bulk and that size because that just sort of screams that character," Hemsworth explains. "Me and Michael talked about the time he'd spent in prison. You go in one person and come out another, and through those experiences he was going to physically be able to handle himself.

Hemsworth also had to pass muster behind a keyboard, which was much more foreign to him. So time spent with the cybersecurity experts hired for the film black-hat former hackers proved invaluable.

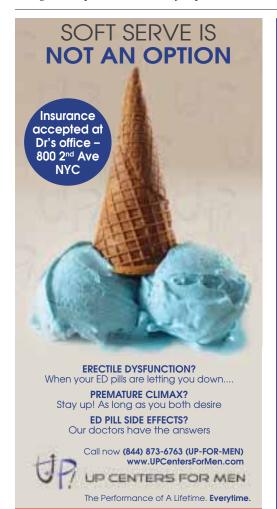
"I remember asking one of the 'Knowing guys, what you know because it became evident pretty quick that the majority of us knew nothing compared to what these guys knew — 'do you look at the world differently? Do you feel you have an upper hand?' And he just started laughing. He said, 'Man, people have no idea how exposed they are and vulnerable and what's possible."



NED EHRBAR @Nedrick



and smells just bring something out of you, and you're not having to fake or imagine that it's there. It becomes as much of an actor — something you bounce off - as the other people you're working with. That was such a treat, to work in those places, which are loud and noisy. A lot of the time I remember the sound guy was worried about, 'We can't shoot this, it's too much noise,' and Michael was just, 'No, no, keep going, this is great.



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TV watch list

COMEDY

'Blackish'

Dre decides to mix vacation with education, and tries to explain the significance of Martin Luther King Jr. while the family is on a ski trip for the holiday 9:30 P.M., ABC

COMEDY

'It's Always **Sunny in** Philadelphia'

The group works on a very important goal to start off their 10th season: Breaking a beer drinking record. SEASON PREMIERE, 10 P.M., FXX



DRAMA

'Criminal Minds'

An investigation of some frozen bodies found in Nevada leads the team to think the deceased were all in a cult together. No one ever gets good news about a cult, do they? 9 P.M., CBS

TALK SHOW

'The Tonight Show Starring Jimmy Fallon⁷

Jimmy gets the scoop on GOOP, as Gwyneth Paltrow stops by for a quick visit. She'll probably use the word "artisanal." 11:35 P.M., NBC LISA WEIDENFELD

Series. 'Community' may not end with its new Yahoo season



Tuesday's TCA panel featured the cast of 'Community," the world's first TV show to go from a broadcast network to Yahoo. Cast members Joel McHale, Gillian Jacobs and Ken Jeong were there, as was creator Dan Harmon and producer Chris McKenna. Per Harmon, the decision to move it to Yahoo happened so last minute, "It was all happening in like the last eight hours of its legality.'

As to just how much

more "Community" fans are likely to get, Harmon only says, "I'm not writing it as if it's the end." He recognizes how fans have saved the show again and again. "This show has lived by the sword of a very intimate relationship with fans, and it will die by that sword."

Harmon also talks about the freedom from the pressure of Nielsen numbers, saying "The corset loosens a bit.'

The move to being an online show made sense to the cast. "It sort of felt like it was an online show for a while, so it's kind of good that we are online,' says Jacobs. "It'll be weird when

we get canceled by the Internet and become a roving band of street performers," jokes Harmon.

The show will premiere March 17, with two new episodes premiering every Tuesday following that. LISA WEIDENFELD

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For exclusive

Interview. Dr. Dog give their fans what they what — a live album

The folks in Dr. Dog are not in any rush. Lead singers Scott McMicken and Toby Leaman have been making music together since they were kids, and in this band for more than a decade. But only recently did they decide it was the right time to put out a live album.

"We've been very conscious of what the live aspect of our band is for a really, long time now, and I think somewhere over the last few years, it started to kind of evolve into a shape that was starting to feel more like something it would be worth capturing," says McMicken. While earlier performances were "a more visceral kind of energy-based thing, even at the expense of sounding sonically tight or clean," the group has lately become "more nuanced, and a little more aware of the finer points and intricacies of creating a great live sound," as McMicken



Quoted

"It made me more psyched about what our band is." McMicken, on putting together Dr. Dog's live album

puts it.

The result, "Live At a Flamingo Hotel," came out Jan. 13 and was the culmination of the band listening to recordings of 20 different live shows. That seems like it could get grueling, but McMicken says it was a pretty valuable experience. "I feel like for me as a guitar player, I

learned that there's a lot of times where what it is I'm doing and what I think I need to be doing is actually counterproductive." He's now playing slightly less: "When you can just lay down and put headphones on, I realized there's a lot more control and a lot more sensitivity that's going down." LISA WEDDENFELD

More sushi to float your healthy eating boat

It seems I'm not the only one trying to get back into shape after the holidays. Since everyone is craving advice of the healthy variety, I decided to give you a few more sushi places to keep you lean and happy.

Ageha Sushi

767 Ninth Ave. Ageha does an excellent lunch special. Daily from 11:30 a.m.-4 p.m. two rolls are \$10, and three rolls are \$13.50. Both include miso soup and a green salad with ginger dressing. I like their yellowtail scallion roll (\$6) or splurge on the Spicy Heaven specialty roll (\$14). The rolls are packed with fresh fish and a great bang for your buck.

Haru Sushi

Five locations. Haru is located throughout the city, making it easy to find a location and start eating better close to home. The yellowtail jalapeno roll (\$6.50) was so good, I had to order another one. Specialty rolls start at \$13, and the sushi chef makes creative additions to the menu nightly. While the décor is modern, the pricing is reasonable and the seafood very fresh. Be sure to sign up with your email address on their website to get \$20 off on your birthday.

Sushi Yu 2

827 W. 181st. St. The tuna avocado mango roll (\$7) is delicious and worth the trip uptown. Rolls start at \$6 and specialty rolls \$11; the \$13 lunch special includes two rolls, miso soup and salad. It's a small space that would be perfect for a casual date. They actually make the lobster roll so big that you can barely fit it in your mouth – not a bad problem to have!







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PLUS Next up The Dumbo Effect Vinegar Hill is also having a moment. "it's right next to Dumbo and it has a similar housing style," says Lightfeldt. "It has that old industrial feel that creates really unique and interesting spaces."

The hot neighborhoods of 2015

It's the New Year and one of your resolutions is to finally capitalize on the low interest rates and buy your first home, or at least ditch the roommate lifestyle and rent solo. But where do you start? StreetEasy data scientist Alan Lightfeldt tells us about three areas heating up in 2015. TINA CHADHA



For the ballers

Dumbo

"Dumbo is the No. 1 most in-demand market for 2015," says Lightfeldt.

"It's already the borough's most expensive neighborhood and it's showing no sign of stopping."

So what is it about the area under the Manhattan Bridge that people are so drawn to?

"The cardinal rule in real estate is location," says the expert. "It has that waterfront location with the best views of Manhattan from Brooklyn" But that's not its only selling point.

"Dumbo has loft-style buildings in a way that you would see in SoHo or parts of Tribeca," he explains. "It's really hard to get that anywhere, and buyers are attracted to that."

This means steep competition with people with deep pockets.

"A lot of foreign investors are buying in Dumbo as they would in SoHo or Midtown because it's that exclusive type of market," says Lightfeldt.

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First-time buyers



West Harlem

"A lot of first-time home buyers are priced out of midtown and downtown, so they start their search above 110th Street," says Lightfeld. And according to the expert, West Harlem is one of the first neighborhoods to look at thanks to a city revitalization in the last few years that included transporta-

tion improvements as well as rezoning of city blocks.

Plus, "there's a lot of new development happening in the area and it's also really close to a lot of parks," he says.

Not a fan of sleek new buildings? "West Harlem has a really charming, pre-war housing stock as well," says Lightfeld.

Budget-conscious

Jamaica

"There are a lot of options in Jamaica, Queens, for people who are priced out of the rest of Manhattan or parts of Brooklyn. It's going to be one of those neighborhoods that people are moving to in 2015," says Lightfeld.

Besides the attractive price point, the area's other plus: It's transit rich. "I counted six subway lines that go through it," says the expert. "You're not far away from job centers in Manhattan or Long Island, and that's really attractive to people."

He also says the area was recently rezoned so there's a lot of new development in the works and new inventory is already coming online.



Real estate watch

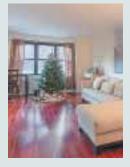
Priciest

\$66M

295 Lafayette St. #PHI. The most expensive property to come onto the market this week is a duplex condo atop the Puck Building in Nolita. This home, marketed by Sotheby's, features six

bedrooms, seven-anda-half baths, a library, gym, home theater, wine cellar and private terraces complete with a yoga lawn, spa tub and putting green. This is a full-service, boutique residence with a doorman, concierge, and elevator.





Cheapest

\$259K

301 E. 63rd St. #4E. The least expensive property to come onto the market this week is a one-bedroom coop in Lenox Hill. This corner unit, marketed by Brown Harris Stevens, offers generous closets, AC and a kitchen with dishwasher.

This co-op features a fulltime doorman, roof deck and bike room.

StreetEasy.com is a New York based Real Estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.





Revealed. New renderings for Empire Stores in Dumbo

A new look is available at Midtown Equities' Empire Stores along the Dumbo waterfront. Studio V Architects and Perkins Eastman are designing the redevelopment of the Civil War-era property at 55 Water St., which is being developed by the Cayre family's Midtown Equities in partnership with HK Organization and Rockwood Capital.

The project will cost roughly \$150 million. The developers are asking approximately \$65 per square foot for the converted office space, and a record-breaking \$90 per square foot for space at the summit.

When completed in the fall, Empire Stores will include roughly 380,000 rentable square feet of office space, with roughly 80,000 square feet dedicated to retail and restaurant as well as 7,000 square feet of open space on the roof.

Brooklyn-based home decor retailer West Elm will be the property's anchor tenant. JLL's Scott Panzer and Howard



55 Water St. will have 80,000 square feet of retail space.

Hersch are handling all office leases. The foundation systems have been completed, as well as the masonry and timber stabilization. The public passageway from Water Street through the building to Brooklyn Bridge Park is also in the process of being framed, Midtown Equities' principal Jack Cayre said through a spokesperson. CLAIRE MOSES

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Apps making good use of the iPhone 6 Plus

The iPhone 6 Plus is now four months old, which should have been enough time for developers to tailor their wares to its disarming, bewilderingly large size. (Seriously, you probably can't get your hand around it.) And yet there hasn't been a massive influx of Plus-exploiting programs. Just a handful have realized there's more real estate to work with. Here are some apps that use the full capabilities of your newish, pricey gizmo.

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'Paper Camera'

The extra space really comes in handy with this whimsical photography app, which transforms

regular photos into rough crayon drawings. Everything, from the images to the controls, are now on one, noncluttered screen.

'Open Table'

A handful of old apps, including those for CNN and American Airlines, have gone super-sized, exploiting a screen large enough to yield two side-by-side sections. The most elegant of these is this restaurant app, which, when you hold the phone sideways,



brings up a map, allowing you to select restaurants by clicking on thumbnails rather than just showing you a list.



'Sky Guide'

Cruising the skies with an annotated space guide is now a lot easier and prettier with this Plus-sized app, which allows you to scan your surroundings for all the stars and constellations. If you want an elegant way to reinforce your cosmic insignificance, you can't do prettier.

'PCalculate'

Unless it's your job, you're probably not going to need this extralarge version of the built-in calculator that now includes, when you turn it sideways, some heavy math. But hey,



if someone suddenly needs the cosine of a number, you can be the surprise savior.



'Goat Simulator'

And then there's this: the popular game in which you control a belligerent, jumping, head-ramming

goat is now roomier, making it easier to dive from a slide onto a trampoline and run full-speed into a man proposing to his beloved.

19

Breeze into any workout



Joined a gym?

With these trainer tips, you won't feel like the new kid in class.

It's a good time to make a fitness resolution, with an explosion of boutique studios offering more ways to work out than ever. And, you may think, just as many ways to embarrass yourself with unfamiliar equipment, complicated routines and the a lack of gymnast flexibility.

Many people miss out on great fitness classes because they feel intimidated, and celebrity trainer Simone De La Rue doesn't want that to happen. In addition to clients like Anne Hathaway and Naomi Watts, the Australian also has Body By Simone studios in L.A. and Manhattan — and knows that everyone who walks through the door is a newbie in some way. But exercising together is worth the initial hurdles:

No. 4

Go to the right

Don't think there's an exercise you have to do. If you're looking for cardio but are not coordinated, skip the dancing and go for the full-body class that works the same muscles. "Pick something that's in your comfort zone to build up your strength and confidence," she says.

It's motivating, keeps you accountable and creates a community. "Group fitness has been around for years, and it works because you're feeding off the energy of other people," she says. We asked De La Rue how to start off on the right foot.

Be prepared. Feeling intimidated is common, but you don't have to walk into a class totally unprepared. "A lot of time people come and have a private session first to build up their confidence before they feel comfortable going into the class," says De La Rue. Ask if the studio can offer

No. 3

Discover your passion

For De La Rue, that's cardio dance: It's a link to her training as a ballerina and avoids the monotony of running and cycling. "Dance is using your whole body and using your brain as well to work in coordination," she says. "It's creative, it's expressive, it's a joyous way of exercising." But those words should describe how you feel doing whatever exercise you choose. The hardest part is showing up, but if you're excited to get to it, then the rest is much easier.

you some one-on-one time with an instructor to preview the basic techniques and offer advice in private.

Have confidence. "A lot of people even struggle looking at themselves in the mirror," says De La Rue. The thing to remember is that you're the only one looking at you - everyone else is just as busy worrying about themselves. So face yourself, acknowledge where you are and focus on learning the skills to build your confidence.



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at what they do. I never feel rervous or uncomfortable. They actually make me feel like part of you're medical family. You're a phenomenal doctor and have an equally incredible staff, God bless you all. And thank you for all the help in making my legs look and feel so much better. V.B.

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Capricorn | Dec. 22-Jan. 20. Let your accomplishments pave the way for new beginnings. Your actions will impress and help position you for opportunities.

Aquarius | Jan. 21-Feb. 18. Don't become overwhelmed by unfinished chores. If you organize and strategize, you will slowly but surely accomplish what-

ever you set out to do.

Pisces | Feb. 19-March 20. Be more assertive if you want to dictate the way situations unfold. You have all the qualities necessary to present what you have.

Aries | March 21-April 20. Focus on love. Business events will be the perfect

place to meet someone who shares your interests.

Taurus | April 21-May 21. Make an effort to get along with your peers. Sharing information will help you form an alliance with someone who can help you.

II Gemini | May 22-June 20. Emotions will run high, causing problems with overly sensitive people. A hobby will keep you out of trouble. Avoid disputes that could lead to irreconcilable differences.

Gancer | June 21-July 22. Pay greater attention to the ones you love. By mak-

ing someone feel special, you will gain respect and personal stability.

 Leo | July 23-Aug. 22. Don't let a lack of confidence stop you from considering a new vocation. Be proud of your accomplishments.

M Virgo | Aug. 23-Sept. 22. A friend will ask for your advice. Compromise will come in handy when interacting with business associates. You will be inspired to start a new project.

△ Libra | Sept. 23-Oct. 22. Remain alert in order to protect your possessions. Change up your routine so that your schedule doesn't become too boring.

M Scorpio Oct. 23-Nov. 21. Differences of opinion can quickly escalate into an argument. Stick to basics as well as to the truth, and resist the urge to blame or find fault in others.

₹ Sagittarius | Nov. 22-Dec. 21. Don't let someone act on your behalf. Once you have decided what needs to be done, get on with the iob. EUGENIA LAST

Letters to the editor

Free speech must extend to everyone

Re: 'Don't be afraid to speak freely' (Metro,

Jan. 13) I agree with letter writer Frederick R. Bedell Jr. that our society needs a constant reminder of famous sentiment: "I disapprove of what you say, but I will defend to the death your right to say it."

That notion is embedded in the foundation of the United States, though of course throughout history it has been forgotten and countless dissenters have become political prisoners or martyrs. Of course, one cannot expect to say anything they please without consequence, but their life and liberty should not be at stake.

In Tuesday's Metro, he

suggested that this principle should have been extended to the authors of the French newspaper who were tragically killed last week, and I of course concur that they should not have died.

I believe I must have missed the disclaimer on his letter, though, where that same right to freedom of thought and expression is not to be extended to Muslims.

There was not one mention in his piece about how Muslims have been barred by law from wearing the burga in France since 2010; should that right to religious expression not be defended? TRAVIS REED MILLER. VIA EMAIL

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

2		4				5		
	7				9			
3		9	8	2				6
5	8		2		7			
		1		8		7		
			4		1		6	8
4				7	8	6		3
			1				9	
		7				2		1

			5		7		3	8	2
	1				6				
	3			9		2			
		6	7				1		
	5			7		1			9
			1				7	3	
				6		7			4
					4				3
	8	4	6		5		2		
,									

How to play Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Crossword

Across

- 1 Chicken feed
- 5 "Tomb Raider" Lara —
- 10 Quiet sort
- 14 Ottoman title
- 15 Mood
- 16 Counting-out start
- 17 Shuttle launch sound
- 18 Boredom
- 19 Pocket contents
- 20 Norse tree of life
- 22 Lower prices
- 23 Steaming
- 24 — step further
- 25 Big name in waltzes 29 Opens a gift
- 33 Orange box
- 34 Jealous goddess
- 36 Hearts or spades
- 37 Give it the gas 38 Rule
- 39 Funny Charlotte 40 Nights, in classifieds
- 42 Shout
- 43 Deli crepes
- 45 Thinner, as cirrus clouds
- 47 Computer chip element
- 49 Startled cries 50 Chart
- 51 Light blanket
- 54 The final frontier (2 wds.) 60 Reserve a flight
- 61 Mexico's Sierra -

- 62 What hulks pump 63 Feed the kitty
- 64 Cager Shaq
- 65 Like souffle
- 66 Bulrush
- 67 Huffs and puffs
- 68 Santa —, California

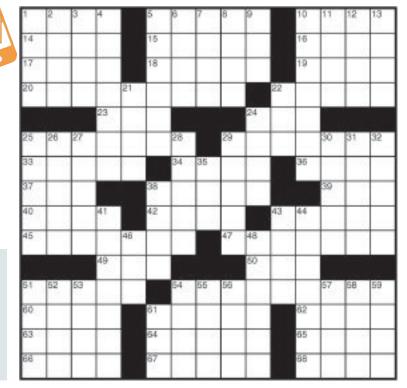
Down

- 1 Queen of Scots
- 2 Eager
- 3 Chase flies 4 Girder walker
- 5 Swindles
- 6 Beats a retreat
- 7 Prefix for "all"
- 8 Bad-smelling
- 9 Prefix for "dent"
- 10 Storm refuges 11 Spunky movie princess
- 12 Miller and Blyth
- 13 Story of legend
- 21 Dissolute fellow
- 22 Sty matriarch
- 24 Mice do it 25 Tool box item
- 26 Roman fountain
- 27 Gushes over
- 28 Less forward
- 29 Europe-Asia divider 30 Mr. Goldfinger

- 31 Brahms' instrument
 - 32 Bierstube order
 - 35 Bracket type
 - 38 Toodle-oos

 - 41 Unnerved
 - 43 Lesage hero Gil -44 More impudent
 - 46 Labor org.
 - 48 Strong-arms
 - 51 Aspen transport (hyph.)
 - 52 Grind, maybe
 - 53 By heart
 - 54 Elcar of "MacGyver" 55 Delightful spot
 - 56 The E in QED

 - 57 Jason's ship 58 Machine teeth
 - 59 Irish songstress
 - 61 Swab



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"I watch the Nets on TV. The Nets are Brooklyn, that's why I like them. I don't think it would affect the team if he sold it."

Mohammad Shahidulla



"He wants to sell them already? I don't really care if he is selling the Nets. They could do whatever they want as far as I'm concerned."

Todd Carlstrom



"I just don't know why he would want to sell all of a sudden since he spearheaded this Barclays project. Maybé he isn't profiting financially from the project? There is a lot going on."



Edwin Scott

"I don't think it would affect any business in the area as long as they keep the team in Brooklyn."

Martha Louverture

Prokhorov puts Nets on the open market

NBA. The Brooklyn owner is reportedly ready to sell the franchise he bought in 2010.

Basketball fans will say that Mikhail Prokhorov's ownership of the Brooklyn Nets has been a massive failure. Those in the business world will vehemently disagree. Bloomberg News reported Tuesday that Prokhorov has retained Evercore Partners to sell the franchise. The Russian billionaire paid around \$220 million for 80 percent of the franchise in 2010 but could wind up selling for over \$2 billion based on estimates.

"Based on the valuation of the team and the recent sale price of the [Los Angeles Clippers, one would think [they would sell] for a multiple of the valuation, but what super billionaire will step up to meet that inflated price?" said Lou Imbriano, president and CEO of Trinity One, a marketing strategy and business advisory consultancy that specializes in sports.



"Whatever the number, I expect someone will overpay. ... The numbers don't seem to be adding up [in sports] when it comes to ego-driven billionaires.

The Nets denied the Bloomberg report.

"As we have said for many months, ownership is always open to listening to offers — that's just good business," Nets spokeswoman Ellen Pinchuk said in a statement.

The Nets took a great financial and basketball risk in the summer of 2013 by acquiring older players like Kevin Garnett and Paul Pierce while surrendering multiple first-round draft picks. Prokhorov's championship aspirations did not pan out as the Nets lost in the second round of the 2013-14 playoffs to the Miami Heat.

"Prokhorov above all is a businessman, so he must feel that the appreciation in franchise value since his purchase makes this a good time to sell," said Russell Scibetti, founding editor of TheBusinessofSports .com. "I know there are some potentially large tax bills due based on current contracts, but in the big picture, I don't believe that plays a significant role."

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Hotice of Gualification of triaght Pharmacestad Solutions LLC Application for Auth. Bed with the Spcy of State of New York (SSNY) on 1111(2014 DiSox location NY Dounty LLC formed in Person/verta (PA) on 9/12/2013. designated as agent of LLC upon whom process against it may be served SOMY after rail process to LLC do Islam tervices, Inc. One Commerce Mace 19 Wissengton Ave. Suite 906-A Africany, NY 12110-2822 Albany County Arts of Dig Ned with PA Secy, of State 401 North St. RM 908, Hermitang PA 17125, Purpose: may levial

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